a Bereaved Visitor –

Visitor – My only son died a few days ago in a car accident, and I find it almost impossible to accept his death with a philosophical fortitude. I know that I am not the first person to suffer such a loss. I also know that each one of us has to go ~~at~~ some time. I have in my mind gone through all the usual ways in which one consoles oneself and others. And yet, I come back to the fact that it seems so cruel and unnecessary that a young man should be deprived of everything in the prime of his life. Why? Why? I keep asking myself. I cannot get over my grief.

Sheri Maharaj – (after sitting for a minute or so, with his eyes closed) – It is needless and fruitless to say that I am sorry. Because, in the absence of 'self' there are no 'others', and I see myself mirrored in all of you. Obviously, you have not come to me for mere sympathy: this you could have and must have received in ample measure from your relatives and friends. Obviously too, you have been given the usual philosophical capsules which have not satisfied you.

One goes through life year after year, enjoying the usual pleasures and suffering the usual pains, never once seeing life as LIFE, in the true perspective. And what is the true perspective? It is this: THERE IS NO 'ME' NOR 'YOU'; THERE NEVER COULD BE ANY SUCH ENTITY. EVERY SENTIENT BEING KNOWS THIS — HE IS FREE TO HAVE THE COURAGE TO LIVE IT.

Do you have this courage, my friend? Or must you wallow in what you call your grief?

Visitor – Maharaj, let me confess that I do not fully grasp what you have said. But I do know that you have startled and shaken me to the marrow. I feel that you have exposed the core of my being, and that what you have said so crisply

~~simply~~ is the golden key to LIFE. Do please elaborate on what you have just said. What exactly is it that I must do?

Shri Maharaj - DO? Absolutely nothing! Just understand see the transient as transient, the unreal as unreal, the false as false, and you will realise your true nature. You have mentioned "Grief". What do you really mean by "Grief". Have you looked at "Grief" in the face and tried to understand what it really is?

To lose some thing or some body to which one has been accustomed to having close to one, would naturally cause a feeling of loss and sorrow, but that feeling cannot last if you sincerely analyse it. What exactly are you grieving? Go back to the beginning: did you and your wife make any agreement with anyone that you ~~would~~ should have a son - ~~this~~ a particular body - and that he would have a particular destiny? Is it not a fact that the conception likely was a chance? That the ~~fetus~~ foetus survived ~~was~~ the many hazards in the womb was another matter of chance. That the baby was a boy was yet another chance. In other words, what you called "your son" was just an event, a happening over which you really had no control. And now that event has come to an end?

What exactly are you grieving? Are you grieving for the ~~many~~ few pleasant experiences and the many painful experiences that he missed in the years to come? Or are you, really and truly, grieving for the pleasures and conveniences that you will no longer receive from him?

All this is from the point of view of the FALSE! Nonetheless, are you with me so far?

Visitor - I am afraid I continue to remain stunned by I certainly follow clearly what you have been

———— saying. Only, what did you mean ~~that~~ when you ———— said that all this was on the level of the false?

Shri M. – Good. Now we shall come to the Truth. Understand, as Truth, that YOU are not a person. The person that one thinks one is, is only a product of imagination — and the Self is the victim of this ~~illusion~~. The person cannot exist ~~in~~ on its own rights. It is the Self that mistakenly believes there is a person and is conscious of being it. Change your viewpoint. Don't look at the world as something outside of yourself. See the person you imagine yourself to be as a part of the world that you perceive within your mind, and look at the mind from outside, – for YOU are not the mind.

~~Understand finally that~~ YOU are beyond time and space, in contact with them only at the point of here and now but otherwise ~~all unthinkable, and~~ timeless, spaceless and unknowable. ~~Understand this and~~ grieve no ~~longer~~ more. Once you realise that there is nothing in this world that you can or need call your own – or indeed that there is nothing that you can call not your own — you will look at it from outside as at a play on the stage or a movie on the screen, admiring ~~or~~ and enjoying – or even suffering – but deep down, quite unmoved.